

Diagnosis and Treatment of Obstructive Sleep Apnea in Adults

Sleep Apnea Treatment Algorithm

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***Treatment for mild, moderate or severe OSA**

Mild OSA

- Positive airway pressure
- Oral appliances
- Surgery

Moderate to severe OSA

- Positive airway pressure
- Surgery

A

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*One month follow-up

- Reinforce importance of participation in support group such as A.W.A.K.E.
- Assess and manage patient complaints/problems/sleep

A

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Treatment successful?

yes

no

* A sleep specialist evaluation may be indicated at several points in diagnostic and treatment algorithms.

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*Refer to sleep specialist

A

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*Ongoing management

A

A = Annotation